

Retreat Agenda

9:00 to 9:30 a.m. Doors open, Check-in, Browse vendor tables

9:30 to 10:00 a.m. Welcome: Susan Spangler, Director Pilates Plus Wellness Center

10:00 to 11:00 a.m. Speaker #1, Kathy O'Brien, Certified Nutritionist, will present an overview of how the health of Americans is affected by our foods, the role of foods in the health of the human body both mentally and physically, and the seven concrete, manageable steps you can start this week to provide your body what it needs to be healthy. By helping you understand the body's need for good food, Kathy hopes to motivate you to improve your diet and she offers the practical tips to make those changes a reality.

11:00 to 11:30 a.m. Speaker #2, Dr. Todd Creighton, D.C. (Chiropractor) will discuss why stress effects individuals differently and what happens to your bodily functions when your mind is sensing stress. Dr. Creighton has been treating the physical manifestations of stress for over 10 years. Dr. Creighton will also speak about how the ergonomics of the workplace can cause common problems like carpal tunnel syndrome. He will be on-hand after the presentation to perform carpal tunnel testing for those interested.

11:30 to 12:30 p.m. A delicious, healthy lunch will be provided. Retreat attendees are invited to browse vendor displays and exhibits during lunch as well as partake in a seated-massage or reflexology session.

12:30 to 1:15 p.m. Speaker #3, Bonnie Lowe-Welsh, Women's Safety Expert will share riveting true stories about her experiences as a Police decoy. Bonnie will heighten your awareness of possible victimization and teach you how to prevent it. She will teach you why passive resistance to an attack is usually better than active resistance. Bonnie will share with you the "simple device" that is better than an expensive burglar alarm in your home. Finally, with the increase of sex offenders taking up residence in our communities, Bonnie will tell you how to track the locations of convicted sex offenders in your own neighborhood.

1:15 to 1:30 p.m. Surprise! A movement experience—dress comfortably!

1:30 to 2:30 p.m. Speaker #4, Jonathan Ross, Owner of AionFitness.com, award-winning personal trainer, and media fitness expert will share his personal experience with obesity and how it fueled his passion for enhancing lives through physical activity. His parents, who together weighed nearly 800 pounds, both struggled with their health, ultimately resulting in the loss of his father to obesity-related disease. He will share the wonderful return to fitness he helped his mother make. Jonathan will get you thinking about your fitness goals and help you define fitness progress. He will review many common myths of exercise and reveal why it is often hard to stick with exercise. You don't want to miss this presentation!

2:30 to 3:30 p.m. Speaker #5, Janet Hall, OMI Certified Organizer and Feng Shui Expert will present the dangers of clutter and disorganization and how they can affect your health and wellness. She will teach you her revolutionary system called the "5 W's, TEASER, and a Tickle! This system will teach you how to sort through and make decisions about the "things" you keep, and will provide you with a fool-proof sorting process and a useable dated, filing system. Janet is one of our returning speakers who received outstanding evaluations, she is a sought after public speaker and knows how to get and keep your attention.

To reserve your seat (only 100 tickets will be sold), mail your check to: Pilates Plus Wellness Center, 14400 Old Mill Rd. Ste. 201, Upper Marlboro, Maryland 20772. Cost: \$50.00 (before 9/1/06, \$60.00 after)



DON'T DELAY!!